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TIME-TABLES FOR HOME CANNING OF FRUITS AND VEGETABLES

BUREAU OF HOME ECONOMICS

GENERAL DIRECTIONS FOR CANNING

Safe canning requires careful attention to every step in the process.

Use only clean, fresh, sound fruits and vegetables for canning. "Two hours from garden to can" is a good slogan. Discard for canning purposes all material showing any sign of spoilage.

Wash the fruits and vegetables thoroughly and prepare as for cooking. Those with earth clinging to them must be washed with special care because the soil may contain bacteria that are very difficult to kill. Scald apricots, peaches, and tomatoes in order to remove peel more easily.

A short precooking of the fruits and vegetables shrinks them and makes it possible to fill the jars hot. No food value is lost if the hot liquor that has cooked out is used, instead of hot water, to fill the jars.

The material should be filled into the jars as hot as possible so as to decrease the time required for the material in the center of the can to reach the temperature of the canner. This is especially important with thick pasty mixtures, since they heat through very slowly. Work quickly so that cans will not cool while waiting and get them into the canner as rapidly as possible.

Partially seal glass jars by adjusting springs halfway or placing screw tops on loosely, and completely seal tin cans before placing in the canner.

It is recommended that the pressure canner be used for all vegetables except tomatoes. The water-bath canner (any covered vessel of sufficient depth for the jars or cans to be completely immersed while processing, and equipped with a rack or false bottom) or the pressure canner used at 212° F. is preferable for fruits and tomatoes.

It is desirable that the pressure canner be equipped with both thermometer and pressure gauge. In using the pressure canner, wait until steam flows from the pet cock before closing; otherwise the pressure is no indication of the temperature. Commence to count time when the pressure reaches the desired point, not before.

Seal glass jars as soon as removed from the canner. The texture of products in tin is improved if the cans are cooled quickly by plunging in cold water.

All cans and jars should be so marked that each lot can be identified. Keep them at room temperature for at least a week. Discard any showing signs of spoilage and watch others of the same lot until it is certain that they are keeping.

TIME-TABLE FOR CANNING FRUITS AND TOMATOES

These time periods are based on the use of quart glass jars. For pint glass jars 5 minutes less time may be used, and for No. 2 or No. 3 tins 10 minutes less. When the fruits are precooked and packed hot, a 5-minute process is recommended for all cans or jars to insure keeping and to create a vacuum seal.

Product	Method of treatment before processing	Processing period, at temperature of 212° F.
Apples-----	Slice, quarter, or halve, then pack in jars and cover with boiling sirup. Or boil whole in sirup, or bake as for serving, and cover with sirup, and pack hot. Or pack hot in form of apple sauce. Same as peaches-----	Packed cold: 20 minutes. Packed hot: 5 minutes.
Apricots-----	Pack in jars. Fill with boiling hot, medium sirup.	20 minutes.
Blackberries-----		
Blueberries-----		
Dewberries-----		
Huckleberries-----		
Logan blackberries-----		
Raspberries-----		
Cherries-----	Pack in hot jars, cover with boiling sirup, using thick sirup for sour cherries, and medium for sweet. Or remove pits, add sugar as desired, bring to boil, and pack.	Packed cold: 25 minutes. Packed hot: 5 minutes.
Currants-----	Same as berries-----	
Figs-----	Sprinkle 1 cup of soda over 6 quarts of figs. Add 1 gallon of boiling water. Allow figs to stand in this 5 minutes. Drain and rinse well. Add 2 quarts boiling medium sirup. Boil for 1 hour. Fill in jars. Cover with hot sirup.	20 minutes.
Gooseberries-----	Same as other berries, but using thick sirup. Or prepare sauce, using sugar as desired. Fill hot.	Packed cold: 20 minutes. Packed hot: 5 minutes.
Peaches-----	Scald, dip into cold water, and peel. Cut into size desired, removing pits. Fill jars, then add sirup of desired consistency, in which several cracked peach pits have been boiled.	20 minutes.
Pears-----	Pare and cook for 4 to 8 minutes in boiling medium sirup. Pack hot in jars and fill with the boiling sirup.	20 minutes.
Pineapples-----	Peel, core, remove eyes. Cut into convenient sizes. Pack in jars. Fill with boiling thin sirup.	30 minutes.
Plums-----	Prick. Fill in jars. Cover with boiling medium sirup. Or bring to boil, using sugar as desired. Fill hot into jars.	Packed cold: 20 minutes. Packed hot: 5 minutes.
Rhubarb-----	Cut in half-inch lengths. Add one-fourth as much sugar as rhubarb by measure. Bake until tender in covered baking dish. Pack in hot jars.	5 minutes.

Product	Method of treatment before processing	Processing period, at temperature of 212° F.
Strawberries-----	To each quart add 1 cup of sugar and 2 tablespoons of water. Boil slowly for 15 minutes. Let stand overnight in the kettle. Reheat to boiling. Fill jars hot.	5 minutes.
Tomatoes-----	Scald and peel. Pack whole or cut in pieces. Cover with hot tomato juice. Add 1 teaspoon salt to each quart.	25 minutes.

TIME-TABLE FOR CANNING NONACID VEGETABLES

USE PRESSURE CANNER FOR THESE

Pack vegetables as near boiling hot as possible, using additional boiling water if necessary. Place as soon as filled in hot canner. Add 1 teaspoon salt to quart to all vegetables, and 1 tablespoon sugar, if desired, to corn and peas.

The department does not recommend that beets, carrots, mature Lima beans, pumpkin, and squash be canned. Root crops are better stored as such; pumpkins and winter squash may be successfully stored. Lima beans and okra may be satisfactorily dried.

Product	Method of treatment before processing	Processing period
Asparagus-----	Tie in uniform bundles, place in saucepan with boiling water over lower tough portion, cover tightly, and boil 4 to 5 minutes. Or cut in half-inch lengths, bring to boil in water to cover, and pack into jars.	40 minutes at 10 pounds pressure, or 240° F.
Beans, string-----	Heat to boiling, with water to cover. Pack into jars.	40 minutes at 10 pounds pressure, or 240° F.
Beans, Lima-----	Can only young and tender beans, using method suggested for peas.	60 minutes at 10 pounds pressure, or 240° F.
Corn-----	Cut off without precooking. Add boiling water to cover, and heat thoroughly.	80 minutes at 15 pounds pressure, or 250° F.
Greens, including spinach.	Steam or heat in covered vessel until completely wilted, using just enough water to prevent burning. Pack hot into jars, taking care that the material is not packed too solidly and that there is liquid to cover.	90 minutes at 10 pounds pressure, or 240° F.
Okra-----	Can only young, tender pods. Cover with water and bring to boil. Pack hot in jars.	40 minutes at 10 pounds pressure, or 240° F.
Peas-----	Use only tender young peas. Bring to boil, with water to cover.	50 minutes at 10 pounds pressure, or 240° F.
Sweet potatoes---	Boil or steam for 10 to 15 minutes until skins slip off readily. Peel quickly and pack hot.	60 minutes at 10 pounds pressure, or 240° F.

SIRUPS

Thin sirup is made by bringing to the boiling point 1 part of sugar and 3 parts of water.

Medium sirup is made by bringing to the boiling point 1 part of sugar and 2 parts of water.

Thick sirup is made by bringing to the boiling point 1 part of sugar to 1 part of water.

Sirup may be made by using the juice from fruits instead of water.

SUMMARY OF STEPS IN CANNING

Clean and prepare the fruit or vegetable.

Precook, parboil, or scald products that require it. If the vegetable or the fruit is to be peeled, dip it in cold water after scalding or parboiling. If no preliminary cooking is needed, put it at once into jars.

Pack products in jars or cans that will seal air-tight.

To jars or cans of vegetables, add salt and hot water if there is not sufficient liquid to fill the containers. To fruits, add sirup or fruit juice.

Adjust rubbers and tops of glass jars or seal tin cans and place them in the canner as soon as possible.

Process at the given temperature for the required time.

Remove jars or cans from canner. Seal the jars air-tight at once and place them out of drafts. Cool the products in tin by plunging them in cold water.

Keep all canned products under observation at room temperature for at least a week.

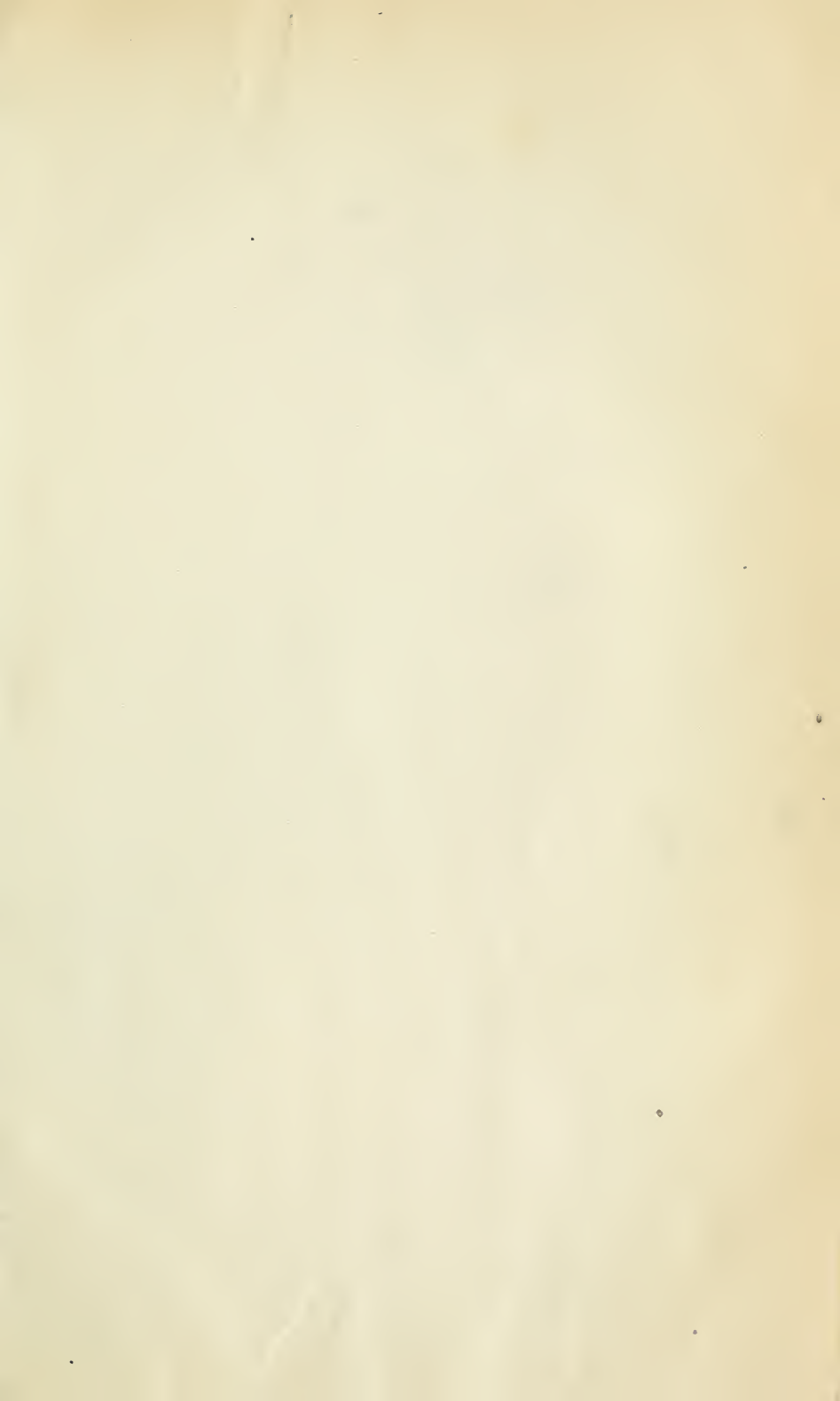
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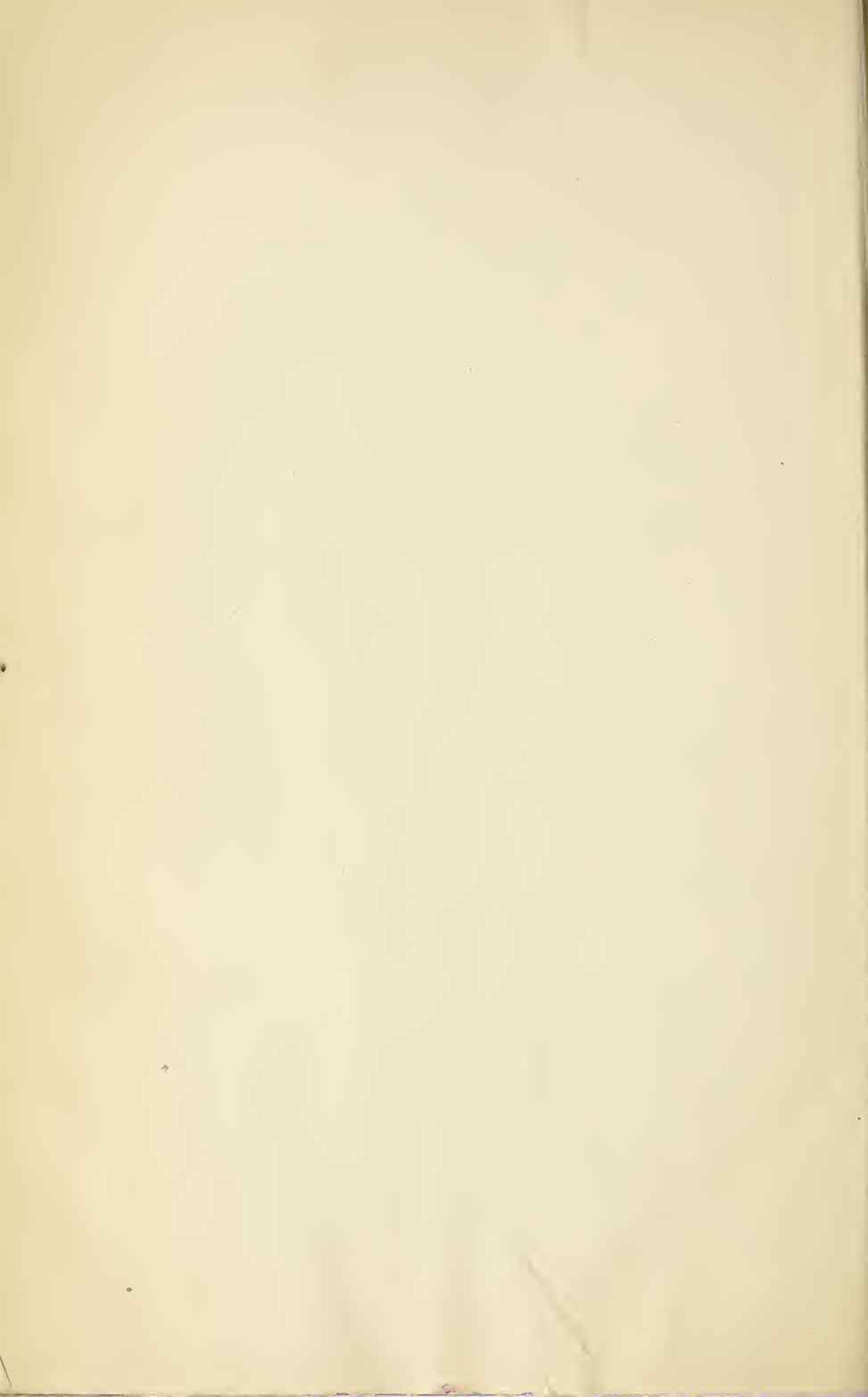
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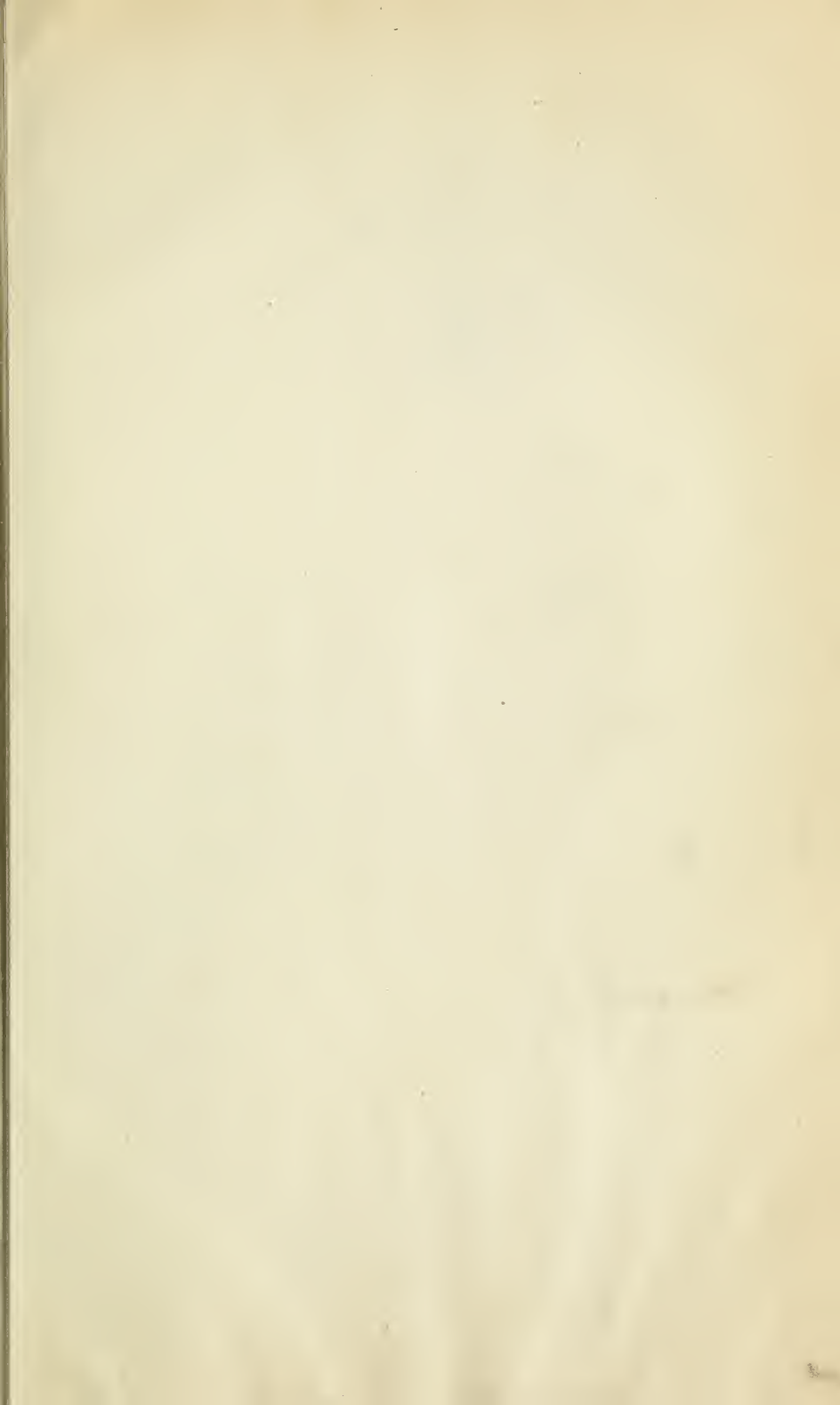
Miscellaneous Circular 25

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